

# Oranges in passionfruit syrup



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**Preparation:** about 25 minutes  
(+ chilling time)  
**Cooking:** about 15 minutes  
**Serves:** 4

8 Navel oranges  
½ cup caster sugar  
2 passionfruit, halved

1. To make passionfruit syrup, juice 3 oranges (to make 1 cup orange juice). Place 1 cup orange juice and sugar in a small saucepan and stir over high heat until sugar dissolves. Bring to the boil then reduce heat to medium-low and gently boil for 10 minutes or until reduced by one third. Remove from heat and stir in passionfruit pulp. Transfer to a heatproof jug and set aside to cool.
2. Using a sharp knife, peel, remove white pith and slice remaining 5 oranges into rounds. Place in a medium bowl. Pour cooled passionfruit syrup over oranges. Gently toss to combine. Cover and refrigerate until chilled and serve.



### Oranges

- Deserve their reputation as excellent source of vitamin C – one orange has several day's supply of this important vitamin.
- A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy.
- Provide folate, one of the B vitamins that is particularly important in the early stages of pregnancy.
- Low GI so that its carbohydrate is released slowly into the bloodstream.